

December 23, 2009

**Drexel Hill, PA** – In the spirit of the season, Congressman Joe Sestak (PA-07); VFW Post 3460; and students, faculty and administrators at Drexel Hill Middle School (DHMS) collaborated to send over 1000 holiday greetings to wounded US Military Personnel at Landstuhl Regional Medical Center (LRMC) in Germany.

Drexel Hill Lead Teacher and Athletic Director, Frank G. McCartney contacted Congressman Sestak last week for assistance distributing seasonal cards and inspirational videos that his students had made especially for soldiers wounded in Iraq and Afghanistan. As the largest military hospital outside of the United States and the most common destination for military personnel wounded in the Middle East, the Landstuhl Regional Medical Center was an ideal recipient for those cards. Colonel John M. Cho and his staff at the hospital were quick to welcome the gesture, and Quartermaster Jake Knapp, Sr. Vice Commander Ken Delmar and VFW Post 3460 generously paid for the postage. The students' warm greetings from home will be distributed to our wounded warriors by the LRMC Pastoral Care Division and Red Cross Volunteers.

"I am impressed by the enormous efforts of DHMS and encouraged by the eagerness of all involved, especially Quartermaster Jake Knapp and Sr. Vice Commander Ken Delmar of VFW Post 3460, to bring holiday wishes to the men and women who have sacrificed so much in service to our country," said Congressman Sestak. "Through their lessons in patriotism, compassion, and hard work Drexel Hill Superintendant Lou DeVlieger, Principal Jonathan Ross and Lead Teacher Frank G. McCartney are providing outstanding leadership for our next generation. As a Veteran of 31 years I cannot thank them enough."

*Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, the Congressman was the first Director of Deep Blue, the Navy's anti-terrorism unit that established strategic and operations policies for the Global War on Terrorism. He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Congressman Sestak is the highest-ranking former military officer ever elected to the U.S. Congress.*

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